

the newham mag

ISSUE 139
23 February 2008



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Independent
living



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Emotional
baggage

> **Page 14 Dockside developments**





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20 Freemasons Road
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Saturdays 10am-12pm***

the newham mag



Discover the changing face of the Royal Docks and find out about a resident whose ethical bags are making a difference to the lives of women thousands of miles away. We celebrate famous Newham women and uncover quirky facts about

leap years. Plus, check out the crime prevention tips in our handy supplement. If you don't have this give me a ring on the number below.

Anita



On the cover:
Developments in
the Royal Docks.

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Look out for the next issue from March 8

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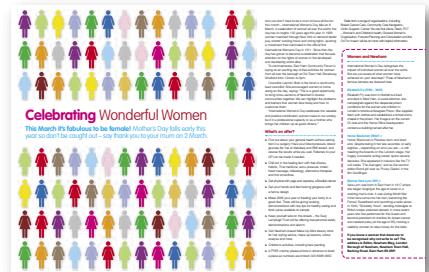
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Published by the London Borough of Newham

IN BRIEF //

A celebration of Gambian independence

Crowds of residents gathered to mark Gambia's Independence Day on Monday 18 February with a flag raising ceremony at Newham Town Hall. The flag was raised at 11am, after which residents joined Mayor Sir Robin Wales for refreshments in the Town Hall.

Newham Council scores highly with the Audit Commission

The Audit Commission's annual review awarded the council three stars for its services to residents. It has also once again achieved the highest possible score – four stars – for the overall way it manages its finances and provides value for money.

Have your say on future building proposals

The council wants residents' thoughts on its plans for future building proposals in the borough. The Core Strategy Issues and Options Report outlines the different planning options being considered until 2026. For more information and to make your comments visit:

[www.newham.gov.uk/
Services/LocalDevelopment
Framework/AboutUs/
corestrategy.htm](http://www.newham.gov.uk/Services/LocalDevelopmentFramework/AboutUs/corestrategy.htm)

Go For It Grants deadline

The Go For It grants programme for 2007/08 is almost at an end; community groups wishing to apply for funding must do so before 10 March. Contact Mary or Jummy on 0208 430 2433 for an application pack.



Lithuanians get a warm welcome

More than 600 residents joined Newham's Lithuanian community, Lithuanian Ambassador Vygaudas Usackas and Mayor Sir Robin Wales at Old Town Hall, Stratford, for a free concert and disco. The event served a double purpose of welcoming one of the borough's newer migrant communities as well as marking Lithuanian Independence Day.



Lithuanian Ambassador Vygaudas Usackas and Mayor Sir Robin Wales

The party was organised by Newham's community lead councillors from Beckton, Royal Docks and Custom House and Canning Town together with the Lithuanian Christian Community Church.

Attendees were given a taste of Lithuanian hospitality with a free traditional meal accompanied by music from two choirs, rock band Airija and music school Harmonija. Serious party-goers danced the night away till midnight to tunes from Lithuanian DJ Nu Sound.

Fake parking permits lands thief in court

A Forest Gate man has pleaded guilty to stealing more than 400 parking permits and selling some of them to unwitting customers.

Newham Council prosecuted Niza Muddin Mohamed, 21, of Chaucer Road, after he stole 423 blank business parking permits worth £84,600.

Stratford Magistrates' Court heard how former council employee Mohamed stole the blank forms. He then sold some of the fake permits to businesses, giving customers his personal mobile number, should they wish to buy more.

He was caught out during Operation Street Pride, a crackdown on crime and anti-social behaviour by the council and Metropolitan Police.

The case has been referred to Snairesbrook Crown Court, where Mohamed will appear for sentencing.

Councillor Andrew Baikie, executive member for housing, process and business efficiency, said: "It was very naïve of Mohamed to think that he could get away with it but clearly he realised the game was up when he admitted his guilt.

"We take fraud very seriously and we will not hesitate to prosecute anyone who steals from the public purse."

If you suspect anyone of committing fraud, call freephone 0800 0522420 or email: fraud@newham.gov.uk



Council Tax reduction

Mayor Sir Robin Wales and the council's Cabinet have agreed a proposed budget that this year will result in a real terms reduction in Council Tax. A £211m grant from the Government funds the majority of the council's services, with the remaining £68.8m coming from Council Tax.

The tax will rise by 3.25 percent this year, which is less than the level of inflation. The Mayor of London's precept is yet to be added.

The budget is based around a major spending review, which has identified savings of £12m across the council in 2008/9, rising to £26 million by 2010/11.

Mayor Sir Robin Wales said: "Over the past six years Newham has had the lowest Council Tax cash increase of any outer London borough.

"Council Tax is still a form of taxation that falls heaviest on those on lower incomes, like working families in Newham. That is why we intend to keep it in line with wages and prices in the shops."

Newham's final budget will be considered by the whole council on 25 February.

Beckton celebrates Chinese new year

The Newham Chinese Association, providing support to a large and long-standing Chinese population in the borough, hosted a colourful celebration to usher in the year of the rat at Beckton Community Centre in East Ham Manor Way.

Mayor Sir Robin Wales was invited to the event and as guest of honour was greeted by a performance of the lion dance, a tradition that symbolises prosperity and luck.

The crowds of residents were entertained by a troupe of Chinese opera singers, and later on took part themselves in singing traditional songs before being served a delicious meal. Children were given the customary Chinese red packets containing money, which are said to bring good fortune.

Sir Robin said: "A happy new year to everyone. It's great to see so many diverse communities celebrating their different cultures and traditions.

"May the year of the rat be an auspicious one. Kung hei fat choi!"



Sir Robin with members of the Newham Chinese Association

NEWS // IN PICTURES

In the mist of it
– Old Town Hall, Stratford



NEWS // IN PICTURES

1 Young Gambians at the independence day flag raising event at Newham Town Hall. **2** Winning picture for the Newham.com competition, submitted by Jason Flanagan from Forest Gate. **3** Ornamental decoration at the Beckton Chinese New Year celebration. **4** Vigis Holmset, the Great Britain handball coach at Newham Leisure Centre.





Mayor's diary

with Sir Robin Wales

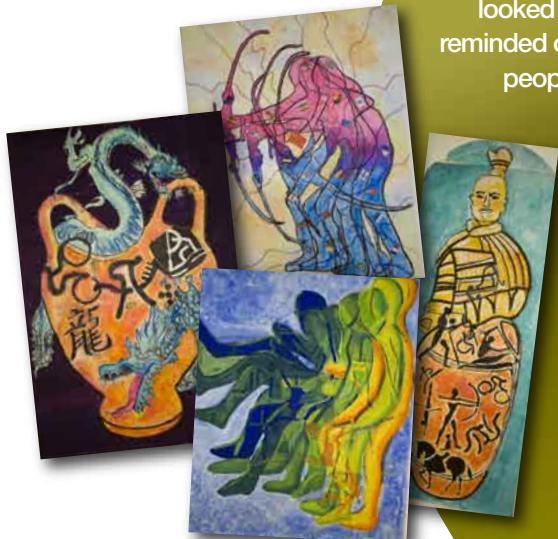
SAFER NEIGHBOURHOOD TEAM

I am absolutely delighted that a new Safer Neighbourhood Team (SNT) office has opened in Forest Gate! I promised you that we would work with the Police to reduce crime in Newham and SNT has been doing exactly this. SNTs are policing teams who provide a valuable service to our borough by addressing local concerns.



Meet and Greet with Young Mayor and Newham Children's Parliament

Our elected young Mayor, Zuhayb Ahmed, met with the Newham Children's Parliament to discuss the issues which young people face. Our young people are our future so I think it's great that they are taking such an interest in the topics which matter to them. I was very impressed by our Children's Parliament and look forward to meeting with them again soon.



Langdon School Visa event

Langdon School were thanked by Visa for designing artwork for their worldwide art competition. It was a wonderful event and as I looked around to see the great pieces of art, I was reminded of just how talented and creative our young people are and I really felt honoured to be there.



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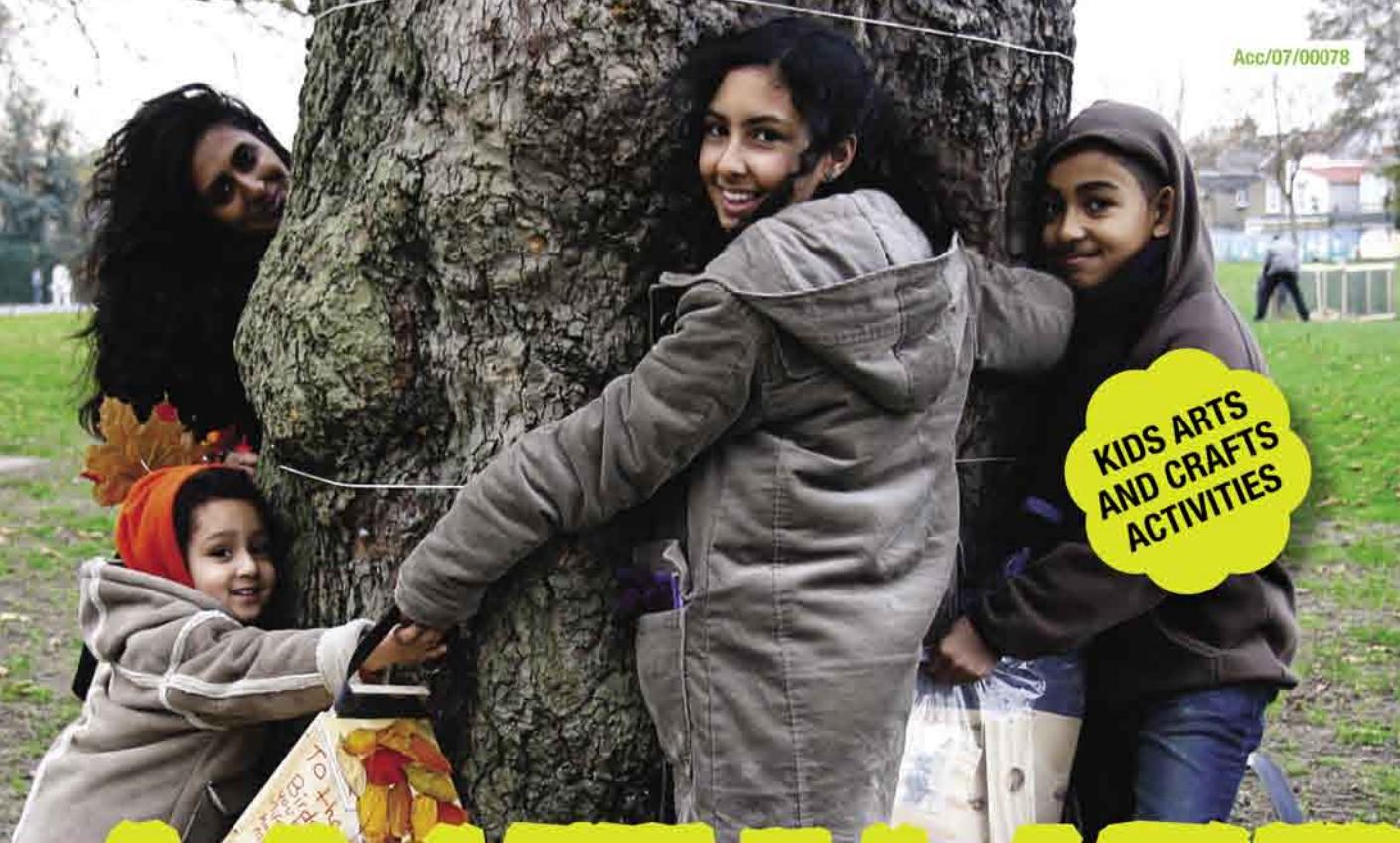
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in Newham, Hackney or Tower Hamlets.



PLANT for LIFE

MAKE 2008 THE YEAR TO DO ONE THING TO HELP YOUR LOCAL ENVIRONMENT

Join Newham's year of action and take part in a free, fun Community Forum planting event.

Help plant 2012 trees in the borough each year or build a nest box and create a home for a native bird.

Your action can make a big difference!

For more information:

Freephone 0800 519 4015

Email community.forums@newham.gov.uk

Or visit www.newham.gov.uk

GET INVOLVED IN A PLANT FOR LIFE EVENT IN YOUR COMMUNITY FORUM AREA:

CUSTOM HOUSE AND CANNING TOWN

Sunday 24 February, 12noon-4pm
Memorial Recreation Ground,
Memorial Avenue, West Ham E15

Saturday 29 March, 12noon-4pm
Canning Town Recreation Ground,
Prince Regent Lane, Custom House E16

Sunday 30 March, 12noon-4pm
King George V Park, King George Avenue,
Custom House E16

EAST HAM

Sunday 2 March, 12noon-4pm
Roman Road Open Space, Roman Road, East Ham E6

Sunday 16 March, 12noon-4pm
Brampton Park, Masterman Road, East Ham E6



it's your borough
play your part
NEWHAM COMMUNITY FORUMS

BBC
breathing
places



NeAT pendant gives new life to Mary

A small pendant has opened up a new life of independence for resident Mary Pannett.

Mary, 57, has learning disabilities, limited mobility and chronic health problems including epilepsy and diabetes. In 2006 she fell to the floor with a suspected heart attack and couldn't reach the pull chord in her room for help. After a one-month stay in hospital she was afraid of returning to her residential care home and being alone.

A year on Mary enjoys a contented and balanced life. She is equally happy to be on her own or with the many visitors to her self-contained flat in Ranelagh Road, Stratford, an East Living supported housing scheme.

The change in her situation has come almost entirely because of Newham Advanced Telecare, known as NeAT, which is transforming social care in the borough.

NeAT is a partnership project between Newham Council, Newham Homes, all three local NHS trusts, the Metropolitan Police, the London Fire & Emergency Planning Authority, Newham voluntary services and Tunstall, suppliers of the Telecare system.

It provides a range of sensors that detect smoke, flooding, extreme temperatures, falls, enuresis (incontinence), seizures, wandering and more. When activated they alert a 24-hour, 365-day-a-year control centre, or are routed to a warden or local carer.

Ranelagh Road uses many of NeAT's installations. Manager Vicki Waldock believes the system brings massive benefits to residents and staff.

She said: "Mary has a 'falls detector' which means if she falls she can push her pendant and a member of staff will be there

in minutes. NeAT aids give our residents independence and peace of mind."

NeAT is also helping the council's limited resources stretch further by reducing the cost of care. Vicki no longer has to employ staff to 'watch over' people at night. Instead just one 'sleep-in' staff member can go to bed and be alerted by alarms when, and if, required. The reduction in cost is around £125 a night, giving the council extra money to care for more people.

More than 2,200 NeAT installations have been put into individuals' homes and care settings in Newham so far with more to follow.

For more information about NeAT contact
Charles.Lowe@newham.gov.uk or
call 020 8430 5137.

Did you know that 2008 is a leap year, making February 29 days long instead of the usual 28?

That's because it actually takes the planet a little longer than our calendar year to travel around the sun: 365 days, 5 hours, 48 minutes, and 46 seconds to be exact. To make up for the extra hours, the Romans decided to add a leap day to the end of February every four years.

Because it only occurs every four years, 29 February is a special day. Babies born on a leap day are said to be lucky – maybe because they get old at a quarter of the rate of the rest of us! Tradition also dictates that it is the only day that a woman is allowed to propose to a man, but the origins of this are disputed.

Some believe that the tradition goes back to fifth century Ireland, where St Brigid complained to St Patrick that

women had to wait for men to pop the question – history doesn't report whether she had anyone specific in mind! St Patrick is said to have relented and given women the brief window of one day every four years.

Another disputed origin of the tradition is a 1288 law passed by Queen Margaret of Scotland that forced men to pay fines if they refused a woman's proposal. Fines took the form of money or a silk dress and were intended to compensate the woman for the rejection. Men – perhaps understandably – felt that this was a little unfair and campaigned for proposals by women to be limited to 29 February!

Lastly, and most probably, the tradition goes back to when the leap year day had no recognition in English so any break in tradition was acceptable on this day.

LEAP YEAR FACTS

- > In Greece it is considered unlucky to marry during a leap year
- > In the year 2000 many people believed that there would be two extra days in February, thanks to an internet hoax
- > The only double leap year in history took place in 1712 in Sweden
- > There is a cocktail named after the leap year, invented at the Savoy Hotel in 1928 and said to be responsible for hundreds of proposals!

Did you take the plunge and propose this year? Contact us with your stories at newham.mag@newham.gov.uk

A list of approved marriage venues can be found online at www.newham.gov.uk

Leap into love



NEWHAM COMMUNITY FORUMS

International
**Women's
Day**

A free,
fun afternoon
of celebration
and activities
for all Newham
women!

**it's your borough
play your part**

Saturday
8 March
12noon – 3pm
Old Town Hall
Stratford
29 Broadway
Stratford
E15 4BQ

Workshops on health, wellness, personal safety; try yoga and capoeira classes.

Pamper yourself with a massage, shiatsu and henna artwork. Check out the beauty zone for make-up lessons, colour analysis and more.

Watch cooking demonstrations, sample fresh juices and learn top tips for healthy eating.

Giveaways
Get a free personal safety alarm and enter the prize draw to win a luxury massage and pamper pack.

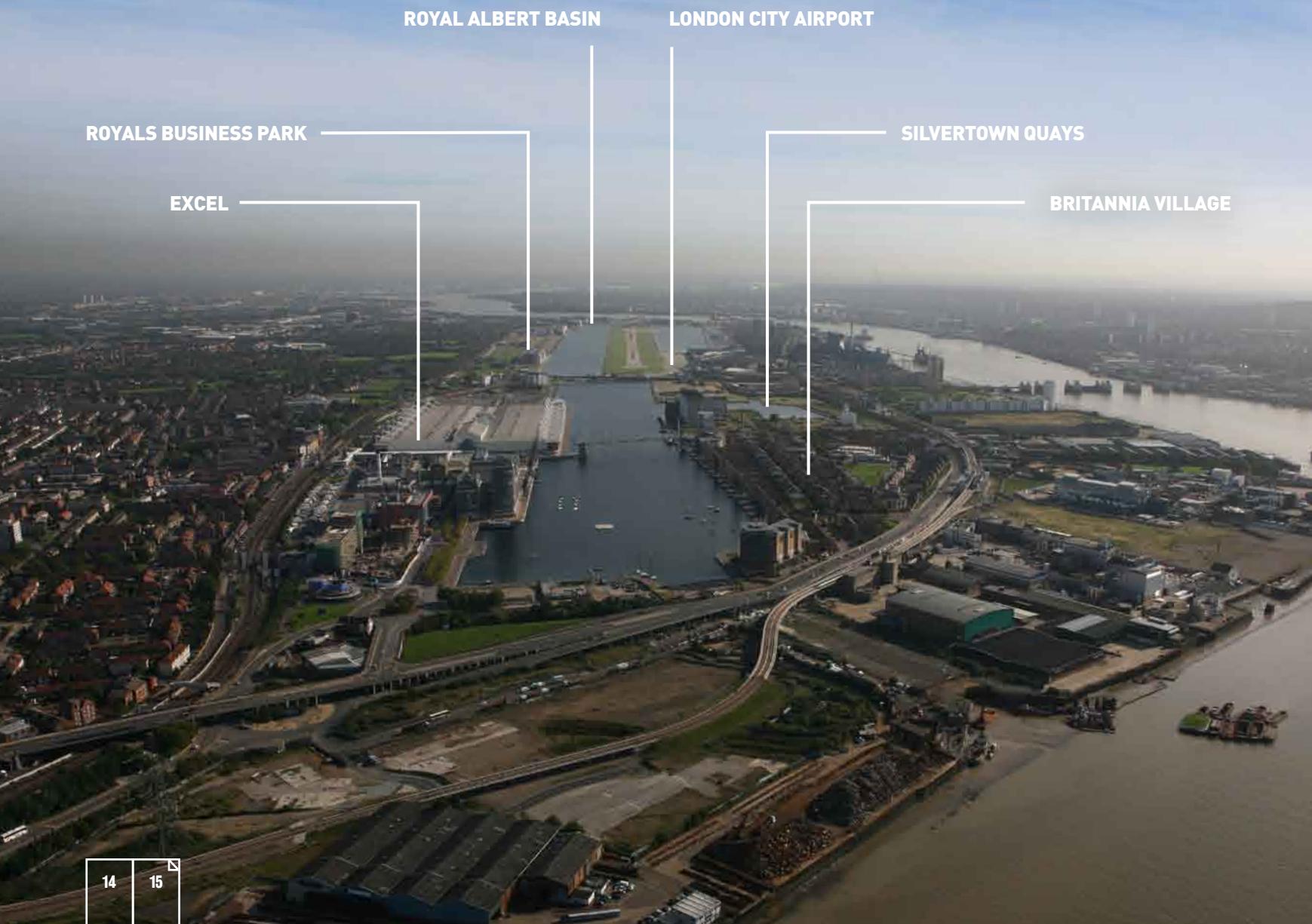
FREE CRECHE
Numbers are limited so please call Eleanor or Matthew on 020 8688 0650 to book in advance.

The event is hosted by East Ham Community Forum.

FIT FOR A KING

THE ROYAL DOCKS

The past 150 years have seen a succession of changes in and around the **Royal Docks**. From the hustle and bustle of a thriving port and the relay of cargo from sail to rail, to the tragic bombings of World War Two and the decline and subsequent closure of the Docks in 1980, the area has experienced its share of highs and lows.



Today the south of the borough is experiencing an expansive regeneration programme that will create a new chapter in the story of the docks. Here we give you a snapshot of how the Royal Docks are changing.

SILVERTOWN QUAYS

Last year the council gave permission for a £1.5billion development that will transform the former docklands. Known as Silvertown Quays, the scheme will create 5,000 new homes, workspaces and facilities to support a thriving mixed community – including a new primary school.



Biota! the world's first aquarium dedicated to aquatic conservation, will sit alongside bustling retail, leisure and entertainment facilities. Thrill

seekers will flock to Venture Xtreme – an impressive surf centre – to practise riding the perfect wave, whilst London's largest permanent outdoor beach will attract visitors content with watching the tide. Work on the development is due to begin this year, starting with the renovation of the iconic Millennium Mills.

ROYALS BUSINESS PARK

Around 2,000 council staff working across 24 buildings in Newham will soon begin to make the move to new premises Building 1000 in the up and coming Royals Business Park. The striking five storey glass structure overlooks the Royal Albert Dock and London City Airport and dominates the mile-long frontage of the Business Park, which, when the development is complete, will provide employment for 8,000 people. The move will bring more efficient working between departments and create a better working environment for staff.



LONDON CITY AIRPORT

London City Airport primarily serves the business community, but is also used by travellers flying short-haul within Europe. The airport is served by 12



airlines, which deliver passengers to more than 30 European destinations.

Next year will see the launch of the first long-haul departures from the airport, with British Airways beginning twice daily business class flights to New York.

The airport isn't just concerned with travel. Around 35

per cent of its workforce live in Newham, making it one of the largest employers of local people in the borough.

ROYAL ALBERT BASIN

Plans for the area will see a major mixed-use waterside district emerge, creating 2,000 homes and 1,500 jobs. The Royal Albert Basin will be the location for London's first zero carbon development, containing 260 homes built to the highest environmental standards, including renewable energy sources.



BRITANNIA VILLAGE

What began as a small development of 85 homes for rent at a four-acre site beside the docks is today a thriving community with almost 1,000 dwellings.



Britannia Village is the collaborative effort of Newham Council, Wimpey Homes, the Peabody Trust and East Thames Housing. Some pre-war housing still remains in pockets of the Village but it largely consists of modern housing.

A footbridge connects Britannia Village to the other side of the dock and to ExCeL. Restored dockside cranes are still dotted around the surroundings of the area, providing a reminder of the rich history of years gone by.

EXCEL

The largest purpose-built exhibition centre on a single site in London, ExCeL opened in November 2000. Its name is formed from the words Exhibition, Centre and London. Despite competition from Olympia and Earls Court exhibition centres, ExCeL has established itself as one of London's premier venues, hosting a variety of events from high profile sports competitions to days out for the family.



Last year ExCeL received planning permission for a further £150m of investment and possible expansion. Plans will include hotels, leisure and entertainment facilities.

In 2012, ExCeL will host six Olympic and four Paralympic events including boxing, judo, taekwondo, table tennis, weightlifting and wrestling.

For more information on developments at the Royal Docks, call Marc Clark, Senior Regeneration Officer on 020 8430 2632



>>> Track 12

Track 12 - a group of people whose individual goals The Newham Mag has been following in the run-up to the 2012 Olympic Games and Paralympic Games

Two years ago a selection of residents came together to form Track 12 – a group of individuals with Newham as their only commonality, inspired by the Olympics to share their dreams and hopes for 2012.

Cecilia Tissari, 28, from Stratford has combined the busy life of a single mother with studying for a BA in Journalism and Communications Studies with Creative Writing. She has watched her three-year-old daughter Serene grow up, start nursery, learn to swim and conquer potty training. Cecilia's personal ambitions involve writing her own novel and applying for a Masters in Occupational Therapy.

Utilising her journalism skills, Cecilia catches up with her fellow Track 12-ers to discuss their achievements of the past two years and unveil their dreams for the future.

Transatlantic ambitions

Joel Semakula, 18, from Stratford has a predicament; he has an offer to study law at Oxford University but is considering studying at the University of North Carolina in the USA. The St Bonaventures' School Head Boy wants to do something that will make

a difference to people's lives. Already his volunteering work has taken him as far afield as Jamaica, India and Florida, where he helped establish a youth parliament.

Setting the dance floor alight

Director of I Love Salsa, Fire Stead, 47, from Forest Gate has already achieved his primary goal to raise dance teaching standards. Working with examination board EdExcel, I Love Salsa is in the developmental stage of offering a BTEC qualification in teaching salsa dance.

I Love Salsa has built close links with the London Organising Committee for the Olympic Games (LOCOG) with Fire appearing in a promotional film about the Games. Young people in Newham aged eight to 16 will soon be able to participate in workshops learning salsa and percussion using the bongos and congas. I Love Salsa



Fire Stead

has also been selected as a key partner for this summer's Greater London Authority Big Dance and the third annual Colours of the Rainbow, a Newham-based inter-school dance competition, is taking place in July.

Fire said: "Newham will play host to the biggest party on earth in 2012. It's a once in a lifetime opportunity to see the Olympics come to the UK and the fact that Newham is the key host borough is fantastic – it's inspired me to make the most of the opportunities available."

Olympic contender

Jesa Modhawadia, 53, from East Ham has had an inspiring two years. After suffering an angina attack he lost a substantial amount of weight through a new passion for yoga. Jesa's renewed love of life has seen him enjoy two years of volunteering at events with Newham Volunteers and he has passed the London Development Agency's Personal Best course, which gives him a guaranteed Olympics volunteering interview. Jesa is now feeling fit and healthy and has ambitions to embark on a new customer focused career. He commented: "I have lived in Newham for 35 years and am very proud to be part of making history here."



Cecelia Tissari

Turning an event to her advantage

Helen Lam, 22, from Plaistow recently achieved her main goal when she



Helen Lam

graduated in arts and events management. The past two years have seen Helen visit 10 Downing Street, travel to Australia to bid for the London Worldskills Competition and spend a summer working in the USA. After a successful five month placement with Newham Council she got a call back to work for them as an events manager. She has realised that it might take her longer to achieve her original dream to start her own events company, so she's concentrating on gathering work experience.

Grand designs

A retired teacher from Plaistow has given new meaning to the phrase grand designs.

Carole Myers has surpassed her original goal to become a freelance fabric designer; she's sold 25 of her designs in five countries since she walked into the offices of designers Gilbey and Cheyne for a work experience interview and walked out with a contract. Such has been the extent of her success she now has a new goal to design soft furnishings for the Olympic Village.

Making tracks

Emmanuel Osei Tutu, 21, from North Woolwich has continued to keep fit and takes part in competitions to prepare himself for his goal of running the 100m in 2012. The positive encouragement he gets from his coach keeps him motivated, as well as seeing the progress of his team mates. Alongside his blossoming athletics career, Emmanuel has secured part-time employment and is working towards a BA in business studies.

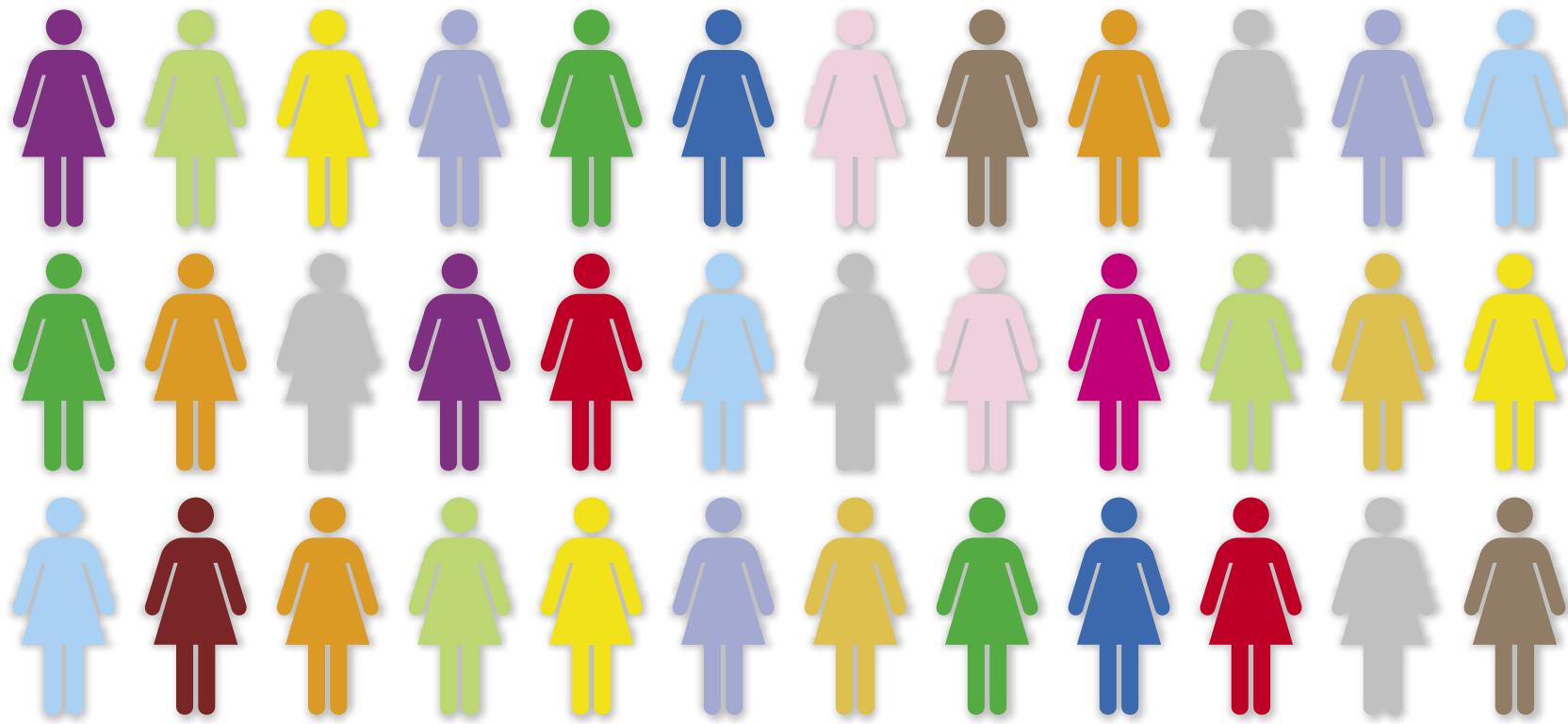
Mogul in the making

Arfa Farooq, 17, from East Ham has realised that her initial dream to become an interior designer is just that – a dream. She is now looking towards completing her A-levels and beginning a degree in media and business. She has become more politically aware in the past two years and her philosophy is that debate is good, but action is even more important.

SOAS star

Ayesha Khanom, 18, from Manor Park has passed her GCSEs with flying colours. After undertaking work experience for East Ham MP Stephen Timms she is currently volunteering for the Citizen's Advice Bureau. She has an offer from one of the top ten UK universities – the School of Oriental and African Studies – which means she now faces the challenge of getting three A grades at A-level!

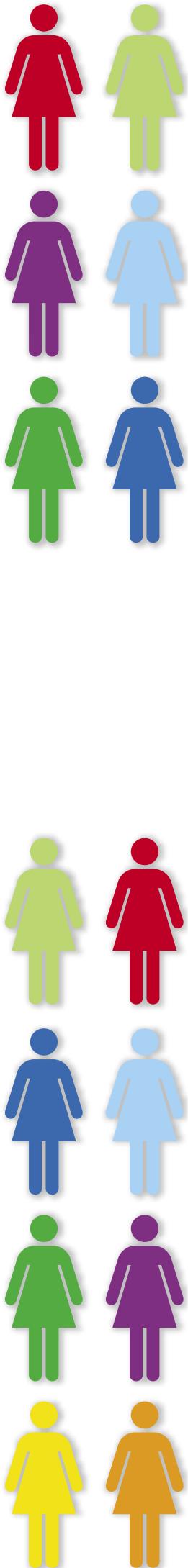
Do you want to keep track of the group? You can read about how the Track 12ers are progressing by visiting www.newham.com



Celebrating Wonderful Women

This March it's fabulous to be female! Mother's Day falls early this year so don't be caught out – say thank you to your mum on 2 March.





And you don't have to be a mum to have all the fun this month – International Women's Day falls on 8 March. A celebration of women all over the world, the day has its origins 100 years ago this year. In 1908 women marched through New York to demand better pay, shorter working hours and voting rights, spurring a movement that culminated in the official first International Women's Day in 1911. Since then the day has grown to become a celebration that focuses attention on the rights of women in the developed and developing world alike.

To commemorate, East Ham Community Forum is laying on an exciting day of free activities for women from all over the borough at Old Town Hall, Broadway, Stratford, from 12noon to 3pm.

Councillor Lakmini Shah is the forum's community lead councillor. She encouraged women to come along on the day, saying: "This is a good opportunity to bring cross-sections of Newham's diverse communities together. We can highlight the problems and barriers that women face today and how to overcome them.

"International Women's Day celebrates the valuable and positive contribution women make to our society, be it in a professional capacity or as a mother who brings her children up as good citizens."

What's on offer?

- Find out about your general health without setting foot in a surgery! Have your blood pressure, blood glucose (for risk of diabetes) and BMI tested, and receive the results while you wait. Referrals to your GP can be made if needed.
- Chill out in the healing tent with free shiatsu, holistic, Thai medicine, accu-pressure, Indian head massage, reflexology, alternative therapies and fruit smoothies
- Get physical with yoga and capoeira, a Brazilian dance
- Get your hands and feet looking gorgeous with a henna design
- Make 2008 your year of treating your body to a great diet. There will be cooking demonstrations with top tips for healthy eating and fresh juices available to sample
- Keep yourself safe on the streets – the Suzy Lamplugh Trust will be offering free personal safety demonstrations and alarms
- Visit Newham-based Make Up Me's beauty zone for hair styling advice, make-up lessons, colour analysis and more
- Children's activities, including face painting
- A free crèche; please phone in advance to book a place as numbers are limited: 020 8688 0650

Stalls from a range of organisations, including Breast Cancer Care, Community Care Navigators, Victim Support, Cancer You are Not Alone, Reed, PCT – Women's and Children's health, Girassol Women's Organisation, Forward Planning and Consultation and the Go For It team will be on hand with helpful information.

Women and Newham

International Women's Day recognises the impact of individual women all over the world. But are you aware of what women have achieved on your doorstep? Three of Newham's famous females are featured here.

Elizabeth Fry (1780 – 1845)

Elizabeth Fry was born in Norfolk but lived and died in West Ham. A social reformer, she campaigned against the desperate prison conditions for the women and children in London's notorious Newgate Prison. She supplied them with clothes and established a school and a chapel in the prison. Her image is on the current £5 note and the Home Office headquarters contains a building named after her.

Honor Blackman (1926?-)

Honor Blackman is Plaistow-born and bred and, despite being in her late seventies or early eighties – depending on who you ask – is still treading the boards on the London stage. Her hugely successful acting career spans several decades. She appeared in classics like the TV cult series The Avengers and as the second oldest Bond girl ever as Pussy Galore in the film Goldfinger.

(Dame) Vera Lynn (1917-)

Vera Lynn was born in East Ham in 1917 where she began singing at the age of seven in a working men's club. It was during World War II that Vera came into her own, becoming the Forces' Sweetheart and launching a radio series in 1940, Sincerely Yours, sending messages to British troops stationed abroad. In more recent years she has performed for The Queen and become president of charities for breast cancer and cerebral palsy (at the age of 85), hosting a celebrity concert to raise money for the latter.

If you know a woman that deserves to be recognised why not write to us? The address is Editor, Newham Mag, London Borough of Newham, Newham Town Hall, Barking Road, East Ham E6 2RP.

Bags of appeal

Fashionable fair trade brings a taste of India to east London





From an ordinary workshop in Stratford Mark Wakeling is doing extraordinary work, using our love of fashion to change the lives of women on the other side of the planet. Mark runs the UK arm of pioneering fair trade organisation Freeset, distributing beautiful, practical bags online, each one made by an Indian woman that has been freed from a life of prostitution and poverty.

Mark has a deep understanding of the issues facing women in prostitution, having set up charity Door of Hope ten years ago. Freeset, a social enterprise that sets out to make a profit that can then be used to grow the company, inspired him with its “business solution to a social problem”. As Mark explains: “The more the business grows, the bigger the risks we can afford to take bringing in new products and lines.” He even hopes one day to be able to use the money to fund business start-ups in east London.

Mark is clearly passionate about his organisation and when he begins to talk about its background it is easy to see why.

“There are as many as 6,000 women working as prostitutes in Calcutta’s red light districts. Some are paid as little as 50 cents per customer – just enough to buy a simple meal. Indian society shuns these women. They didn’t choose prostitution – it chose them.”

Bashanti’s is a typical story. Born into a poor but loving Bangladeshi family, she had two marriages, both physically abusive. Bashanti left and took a series of jobs, eventually heading to Calcutta on the promise of a sewing job. However, when she arrived she was forced to work in the sex trade. She spent many years living in misery, not daring even to dream about freedom, but when a friend introduced her to Freeset Bashanti’s life turned around. Now she has finally begun sewing – the reason that she came to Calcutta – and is in control of her life for the first time.

Thanks to Mark and his counterparts in other countries, Freeset now employs 105 women with stories like Bashanti’s and is looking for bigger premises as demand grows all the time. They are currently located in the middle of the red light district, making them a visible presence in the women’s own community, ensuring that no woman – or her madam – is unaware of the alternative employment available. Freeset’s employees manufacture bags from recycled materials,

creating western designs which are sold online. Every woman is welcomed, regardless of her ability, and each is paid the same fair wage; much more than they would earn on the street.

Once they are earning, the women often choose to stay in their accommodation, making that space unavailable for use by the brothel and gradually reclaiming the area from the sex trade. Mark returned from a visit with renewed enthusiasm, having seen first hand the “feeling of joy in the community now, especially when compared to the poverty of the red light district”.

“It’s a very exciting, growing and developing area and it’s good to be part of that”

Back in Newham and a world away, the social aspect of the business is not lost. Mark is keen to keep the whole business locally-focused and uses a Stratford-based printer, social enterprise First Fruit’s warehouse in Silvertown and a local designer for publicity. He loves working in Stratford, saying: “It’s a very exciting, growing and developing area and it’s good to be part of that.” Mark continues his local focus and is now searching for a socially-run east London distribution company.

Mark is expanding Freeset all the time and recently returned from a trip to Ethiopia to discuss a new line. The business-to-business wing of the company is also reaching new heights, having recently produced some hard-wearing reusable bags for Newham Council, which will be launched in the near future.

Make a statement with a beautiful, useful bag that represents freedom for a woman on the other side of the world. Visit www.freesetbags.co.uk for more information.

If you would like to talk to Mark about his work, contact him on 020 8555 7880 or email mark@freesetbags.co.uk

HOW WOULD YOU KNOW IF YOU HAD CHLAMYDIA OR GONORRHOEA?

Chlamydia and gonorrhoea are treatable sexually transmitted infections (STIs) which you may not know you have. If you are aged 24 or under you can do an easy self-test and obtain free and confidential treatment.

Chlamydia and gonorrhoea Q&As

What is You Test?

A self-test of your urine for chlamydia and gonorrhoea. You Test is part of the national chlamydia screening programme.

Who can test?

Anyone aged 24 or under. If you are 25 or over you should visit your local sexual health clinic for sexual health testing.

What are chlamydia and gonorrhoea?

Two very different but common sexually transmitted infections (STIs), which are both easily treated.

How can I catch gonorrhoea or chlamydia?

> Through having sex
> Condoms can reduce the risk of catching chlamydia and gonorrhoea. Condoms are also the best protection against other STIs including HIV

How would I know I had gonorrhoea or chlamydia?

> Often you won't know. There are not always symptoms

Why should I do a You Test for chlamydia and gonorrhoea?

- > If you are or ever have been sexually active, you are at risk
- > You may be unaware you have these infections
- > Both are easily treated. If left untreated they can cause you serious health problems including infertility
- > You can do the test yourself. You do not need to be examined by anyone
- > It is an easy step for you to take to maintain your sexual health

When should I do a You Test?

- > Whenever you change your sexual partner
- > Ideally before you stop using condoms – you and your sexual partner may wish to consider having additional STI testing before doing this

What if I already have symptoms?

Chlamydia and gonorrhoea often have no symptoms. If you do have symptoms of an STI they may include:

MEN: Pain passing urine, discharge from your penis, testicular ache

WOMEN: Irregular periods, spotting of

blood between periods, pain during sex, bleeding following sex, unusual vaginal discharge.

If you have any of these symptoms, don't panic, you should not do a You Test, however it is important that you seek advice from your GP or local sexual health service.

What if the test shows I have chlamydia or gonorrhoea?

- > You Test will contact you with your results. You can tell them the best way to do this
- > You will get free treatment and advice
- > Your sexual partner will also need treatment

For further information or to find the nearest venue where you can do a You Test, visit www.youtest.nhs.uk or call the You Test team on 020 8821 0837. If you get an answerphone, please leave your name and number in confidence and you will be called back.

Chlamydia

I've Got Chlamydia

I've Got Chlamydia

IT'S NOT THIS EASY TO TELL WHO'S GOT
A SEXUALLY TRANSMITTED INFECTION.
SO ALWAYS USE A CONDOM.

CONDOM
essential wear



Over 50s have a ball

Revelry and romance were in the air at West Ham United, Upton Park, as Mayor Sir Robin Wales hosted a very special Valentine's Ball exclusively for the over-50s. More than 600 revellers gathered at the prestigious venue for a free evening of music, dinner and dancing. Guests arrived in couples or with friends, either looking for love or just a great night out.

Bands Newham African Caribbean Resource Centre Quadrille Dancers and Leap of Faith provided the music as guests enjoyed a sumptuous Valentine's spread. Prior to the main event there was a performance by the Rat Pack tribute band, who played all the swing greats, even serenading the odd lucky lady.

The night saw a return to real old-time romance as couples swept across the floor,

surrounded by heart-shaped balloons and roses. Single guests didn't miss out either, joining friends on the dancefloor to show off their moves. The more sedate party-goers gathered along the tables and enjoyed the show, sharing drinks and conversation.

Three people chose the event to celebrate birthdays: James Burwood, turned 85, and had his picture taken with his wife Ida and the Mayor, who presented them both with a gift of two tickets to Afrika Afrika!, a stage show of amazing acts from all over Africa. Vera Deal and Laura Brits also celebrated their birthdays and received a pair of tickets each to Afrika Afrika!

Twenty-two lucky others won pairs of tickets to the show and three competition winners were presented with bottles of wine.



Snapshots
of the
revellers





Super Seniors Activity Day
Friday 14th March
10.00am - 4.00pm
at
Newham Leisure Centre

Badminton, table tennis, short mat bowls, indoor cricket and more!

Whatever your experience levels you are welcome to join in for a day of fun physical activities. People will be on hand to show you the basics and you'll have a chance to play a game or two.

**Call Anita or Shabana on 020 8586 8858
to put your name down for the day.**

Please bring a packed lunch



The Newham Fit Club



Training & Conference Facilities:



Newham's Professional Development Centre
to hire for meetings, training, seminars & events.*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

CREDON  **CENTRE**

0208 430 5943 www.npd.newham.gov.uk

ARE YOU A VOLUNTARY OR COMMUNITY ORGANISATION OFFERING OR PLANNING TO OFFER QUALITY SUPPORT SERVICES FOR CHILDREN AND THEIR FAMILIES IN NEWHAM? DO YOU NEED HELP WITH COSTS?

Extended Services has one-off grant funding available through our Small Grant scheme. Small grants of up to £5,000 are available to support and develop good quality provision in flexible ways to meet the needs of young children and their families.

**For further information and an application pack
please contact Nana Poku on 020 8430 6847, or email
nana.poku@newham.gov.uk for an electronic version.**

**The closing date for applications is noon
Friday 14th March 2008.**



GREEN STREET COMMUNITY FORUM



GREEN STREET THE MUSICAL

FREE
ENTRY

Saturday 8 and
Sunday 9 March 7-9pm
Shaftesbury Primary School Hall
Shaftesbury Road
Forest Gate E7 8PF

Getting there:
buses 238, 325; tube - Upton Park
Wheelchair user access

Free Parking

Celebrate the memories, secrets and
magical stories of Green Street at the
area's first community musical.

Enjoy a fun-filled show of music and dance
performed by local people. Featuring everything
from wartime tunes to bollywood numbers.

Bring the whole family for a superb night!

Directed by Sovra Newman

**it's your borough
play your part**

Free refreshments

Tickets available on the night or from 2 March at Green Street Library, Local Service Centre,
freephone 0800 519 4015 or email community.forums@newham.gov.uk

Residents excelling in employment

ExCeL has become a familiar landmark on Newham's horizon. Hosting events such as the Motor Show, Jobs and Careers Live, The Thames Gateway Forum and the memorable Big Sunday it has earned the reputation of being one of London's biggest and sought after exhibition venues.

Located in the heart of the Royal Victoria Docks, ExCeL is keen to help residents cash in on the benefits of living and working locally; currently, more than 28 per cent of its workforce hail from the borough. Deputy Mayor Christine Bowden had the pleasure of meeting some of the employees at the recent London Boat Show.

Parking manager Izzy Hussain from Silvertown has been working at ExCeL for almost eight years. He explained that ExCeL gave him the opportunity for a career change. "I came to work here because it was a brilliant opportunity. There was a lot of buzz about the place. I worked in construction before coming here and this couldn't be more different. The best thing is that the travel is so easy!"

Parking finance manager Jane Raynor from Canning Town told Councillor Bowden how much she enjoys her varied role, saying: "Every day is different here, it's challenging but there are good training and career prospects and the fact that so many of us have been here since the beginning speaks for itself."

Councillor Bowden said: "Meeting these residents shows that the opportunities presented by organisations such as ExCeL are available to residents. It is clear that our corporate partners want to employ residents and that is good news for the future of this borough."

Councillor Bowden also met event support manager Chris Barnes from Canning Town, customer service representative Nilofa Adam from Forest Gate, guest services representative Raynor Prawl, accounts assistant Yasim Shaikh from Forest Gate, guest services representative Mi-Mi Newton from Custom House, management accountant Tony Monelle from East Ham and parking representative Iqbal Hussain from Upton Park.



Deputy Mayor Christine Bowden meets Jamie Buchan, chief executive of ExCeL



- Are you a Newham resident interested in working within the borough? Businesses like ExCeL and London City Airport regularly advertise and source their employees through the council's job brokerage scheme, Workplace. Whether you want training, employment or are a business wanting to advertise your vacancies call 020 8430 4331, visit www.newhamworkplace.co.uk or drop in the Stratford offices, at 64 Boardman House, Broadway.

NEWHAM » IN FOCUS



Civic Ambassador champions Newham abroad

Civic Ambassador Councillor Omaha Gangadharan recently returned from an official visit to the southern Indian state of Kerala. Councillor Gangadharan's enthusiasm for the borough earned Newham a mention in English Malayalam papers and TV channels, while her official duties delivered her to the Chief Minister of Kerala, to whom she presented Newham's crest. Among many other activities,

Councillor Gangadharan met Amma, spiritual leader, the Keralan State Governor and visited schools and universities, promoting Newham and the Olympics all the way!



It's show time!

After nine months in the making

GREEN STREET residents are set to take to the stage on 8 and 9 March in the area's first community musical.

The show, organised by the area's Community Forum, will celebrate the memories, secrets and magical stories of the Green Street area. Spanning from 1908 to 2000 the fun-filled evening of music and dance will trace key moments in history, like the two world wars, 1948 London Olympics and the arrival of different groups of people.

Set in a shop, the musical will tell the tales of its owners through songs, featuring everything from wartime tunes to Bollywood numbers.

For the full show details check out the ad on page 26 of the Newham Mag.

Performers in Green Street the Musical polish their act before the show starts on 8 March >>



Celebrating Linda Smith

A brand new stage production will see fellow professional performers paying tribute to Linda Smith, the comedian, writer and radio broadcaster who died from ovarian cancer in early 2006.

Starting on 6 March, this ten-week national tour is designed to coincide with the annual campaign to raise awareness of Ovarian Cancer and to raise funds for crucial clinical research into the disease.

Linda lived in Forest Gate and Stratford for many years and there will be a local performance of 'Celebrating Linda Smith'

on Saturday 12

April at 8pm at
Stratford Circus,
Theatre Square,
London E15.

Guests are
brilliant jazz
singer Barb Jungr
and the legendary
comedian Arnold Brown.

To buy tickets, call 020 8279
1015. Tickets cost £12 / £10 and
a donation of £1 will be made to
Ovarian Cancer Action from every
ticket sold.



The Baby Show Goes Green

Each year the Baby Show at ExCel Exhibition Centre on the **ROYAL DOCKS** sees more interest in green and ethical issues. To reflect this growing trend, this year's show will feature a Green Panel, including expert speakers to talk on a range of subjects from environmentally friendly nappies to organic and fairly traded baby essentials.

The Baby Show will also feature a whole range of products and baby essentials on offer to the aspiring green mum or dad, with opportunities to try and buy all the latest baby products.

Tickets are £10.50 in advance or £11.50 on the door and children (0- to 10-years) go free. For further information and to book online visit www.thebabyshow.co.uk or call 0871 231 0844.





LOCAL JUDO CHAMP WINS FOR ENGLAND

Newham Sports Academy member Theodore Spalding, 18, of **FOREST GATE** won gold and silver for England in the Commonwealth Judo Championships, held in Mauritius. The academy aims to give local young people a better chance to fulfil their sporting potential in the run-up to the 2012 Games.

Theodore says: "Newham Sports Academy has helped me go to more training camps and competitions. I've been able to improve more quickly. I was happy with my medals last week but still think I can do better. I want to win a medal at the London 2012 Games."

Benazir Bhutto's sister visits mosque

Pakistani pioneer Benazir Bhutto's sister, Ms Sana Bhutto, visited the Minhaj ul Quran International centre on Romford Road, **FOREST GATE**, joining members of the public and the Pakistan People's Party in saying prayers for the late politician, who was assassinated last year in Rawalpindi, Pakistan.

As journalists jostled to take her photo, Ms Sanam Bhutto raised her hands in a final prayer led by Imam Sadiq Qureshi and joined hundreds of well-wishers and supporters of Ms Benazir Bhutto.



Learn more about Birkbeck Stratford

Birkbeck Stratford, east London's evening university, will be offering free education and skills advice at Stratford Shopping Centre on Tuesday 4 March from 9am to 5pm and an open evening on Wednesday 12 March from 4 to 7.30pm at the Old Town Hall, Stratford. Both events provide great opportunities to drop by and talk to the outreach team about the courses and financial support on offer.

If you can't make either of those dates, check out the website for more dates: <http://www.birkbeckstratford.ac.uk/news/outreach> or pick up a copy of the university's new prospectus, which will be published in early March and contains details of the new courses on offer from September. All courses are taught part-time in the evening, allowing students to gain new qualifications without giving up work and getting into debt.

For more information contact the information unit on 0845 602 4169.



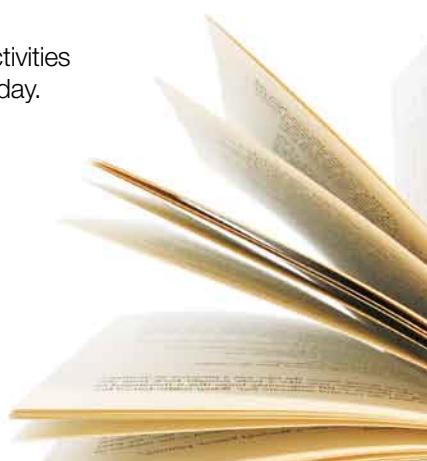
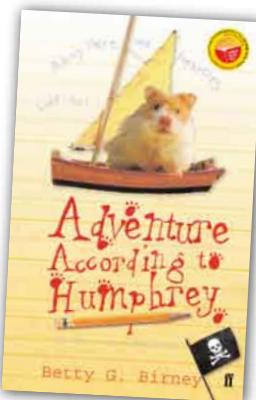
World Book Day at Stratford Circus

World Book Day arrives with a big bang on Thursday 6 March. Stratford Circus has teamed up with Newham Bookshop to host a day of activities including book signings, readings and debates with top children's authors.

Events kick off at 1pm for six to 10-year-olds, followed by a debate at 4pm for 11 to 14-year-olds on the difference between boys' and girls' attitudes to books. The day draws to a close with an opportunity to meet the author of East End Tales, Gilda O'Neill, at 6pm.

There will be free foyer activities and the café will be open all day. Tickets are £2/£3.

For booking or more information, call 020 8279 1015 or visit www.stratford-circus.com





Local cheerleading squad looking for sponsors

Portway Tornadoes are a hardworking cheerleading squad! Made up of boys and girls aged eight to 13 years old, the squad has been going since October 2006, devotedly practising every Saturday at Eastlea School, **CANNING TOWN**.



The Tornadoes are hoping for their hard work to pay off this July at the Future Cheer Internationals in Brighton and think that they can improve on last year's great achievement of 12th place.

To be able to enter the squad needs to raise £2,500; if you are a local business that would like to be showcased sponsoring an up and coming local team contact Sarah Hardy at portwaytornadoes@yahoo.co.uk



Childcare: have your say

Over the next month, the council's Extended Services will be consulting with residents on

childcare services in the borough. The issues include: your current use of childcare; whether Newham's childcare services meet your needs; what is important when looking for childcare, and how you find out about childcare.

Questionnaires will be sent to schools, childcare provisions and children's centres. Every completed questionnaire will be entered into a prize draw; first prize is a £50 Argos voucher and two runners-up will each receive a £20 voucher, one for Mothercare and one for Sainsbury's.

To participate in the survey, comment or take part in a focus group please call Rikke Damsgaard on 020 8430 6814.

CITIZENSHIP WEEK GOES GREEN

More than 6,000 children from schools in the South West Newham Education Action Zone (SWNEAZ) took part in the green-themed Citizenship Week. The pupils have attended workshops, gone on visits, taken part in debates and used their artistic talents to voice concerns on the topic of environmental issues and global warming.

Citizenship Week, which is celebrating its seventh successful year, will culminate in a special Awards Day on 27 February, to be attended by Mayor Sir Robin Wales, where the best of the letters and posters will be displayed from 10am at Newham Town Hall, East Ham.

Among the creative projects taken on by the pioneering primary schools were: citizenship songs written, performed and recorded by pupils from Britannia Village, Grange Primary and St Edward's Primary and Hallsville Primary; works of art created from recycled materials at Rosetta Primary, which were sold to raise £580 for the NSPCC; turning waste into recycled paper at the Lea Rivers Trust's educational centre and a Green Citizen Ceremony at Curwen Primary, attended by guest of honour Deputy Civic Ambassador, Councillor Akbar Chaudhary.



OLYMPIC GAMES INSPIRE SCHOOL'S ARTISTS



Mayor Sir Robin Wales attended a special assembly at Langdon School, **EAST HAM**, to see how the Olympic Games and Paralympic Games are inspiring pupils' artistic talent.

2012 sponsor Visa sent representatives to thank the school and present a cheque for £5,000 for launching its international art competition – Visa Olympics of the Imagination (VOI) – still open to ten to 14-year-olds all over the world until 31 March.

Sir Robin said: "This competition is just one of many opportunities that the Olympic Games are bringing us."

The overall winner of competition will be flown out to Beijing courtesy of Visa to visit the 2008 Olympic Games and his/her school will receive £1,000 to spend on art or sport supplies. The winner will also have their work exhibited in Beijing.

For more information about the competition, please go to www.visaeurope.com/voi

Fairtrade Fortnight 25 February – 9 March

Fairtrade Fortnight gets under way with events and promotions happening across the borough.

Evening event on **Wednesday 27 February, 7.30pm, Woodgrange Church, 345 Romford Road, FOREST GATE**

Quiz on **Tuesday 4 March, 10.30am at The Well Centre, 49 Vicarage Lane, EAST HAM**

Celebration event with children's activities, food, a fashion show and prizes on **Wednesday 5 March 6-8.30pm at The Hub, 123 Star Lane, CANNING TOWN**

Coffee morning on **Thursday 6 March 10am-12noon at St Bartholomew's Church, 292b Barking Road, EAST HAM**

Coffee and cake morning on **Friday 7 March 11.00am at The Kitchen Table Café, the Froud Centre, 1 Toronto Avenue, MANOR PARK**

There are also promotional events at St Mark's Church, **BECKTON**, Stratford Shopping Centre, **STRATFORD**, and various Fairtrade outlets in the borough.

If you would like more information call 020 8430 3165, email alice.van-sertima@newham.gov.uk or visit www.newhamfairtrade.org



Happy ending for injured dog



A quick response by several council teams and a resident helped save an animal in distress. The Parks Constabulary and Animal Welfare Team were informed by Control Room staff that a badly injured dog had been found by a resident in Plashet Park, **EAST HAM**. With concern for the dog's wellbeing, as well as the safety of passers-by, the teams pulled out all the stops. The dog was rescued and taken to a 24-hour vet, who found that he was malnourished and had infected wounds. A microchip revealed his owner's details, who told the council that the dog had been missing for two weeks.

We are pleased to report that the dog is now doing very well, thanks to the combined efforts of council staff, the vet and the caring resident. He has been reunited with his owner, who was over the moon to have him home.

Little Ilford pupils take action

Students at Little Ilford School, **MANOR PARK**, have reduced the amount of waste they produce by 30 per cent.

Pupil Sehrish Shabbir invited Councillor Ayub Korom Ali to visit the school's waste action team and find out how they are encouraging everyone to reuse, reduce and recycle materials that would otherwise be thrown away. The waste team has made posters, leaflets and even created the Little Ilford School guide to recycling.

Councillor Ali was joined at the school by Councillor Pat Sheekey, where they watched an assembly and took part in a role play exercise designed to identify items that can be reused or recycled.



Pianist wanted

Residents of a **FOREST GATE** care home are looking for a pianist to support the Age Well Singers, and help them bring joy through music to more members of the community.

Reminiscing through music is a popular activity at Westgate House, Romford Road, which caters for 31 residents who need specialist dementia care and 59 residents who are elderly and frail.



As one of the residents of Westgate House said: "It is so nice to see entertainers who can empathise and understand the music and history of our times." Pianists should contact Joan Lewis, Age Concern, on 020 8586 8853 with their expressions of interest.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, NEWHAM TOWN HALL,
EAST HAM E6 2RP**

Gallery



James Sajeet Kallumsgal, 8



Lugman 3, and Akil Omar, 13



Rachel Kioi, 10



Shaheer Atif, 8

Jokes

What is a skeleton's favourite band?
Boney M.

Why can't a skeleton go swimming?
Because he has nobody to go with.

What is a skeleton's favourite food?
Gravy.

by Hafsa, 8

Poem

I am a fish from under the sea.
I am going to die if you don't help me.

From all the pollution and litter you make,
My home is falling from your big mistake.

By a year or two I'll eventually die,
So why not help me, give it a try!

I am a fish from under the sea.
I am going to die if you don't help me.

Pollution's bad
by Storm Stanley, 9

Word-Fit

You must fit the following words into the grid:

4 letters

ROOM
ATOM
BABY
BEAR
COLA
EDGE

ROOM

SITE
STAR
TREK

6 letters

FLIGHT
HERD
HERO

HERO

HELP

KITE
LEEK
LONG
LOSS

BIPLANES
CARAVANS

NOON
NUMB
NUTS

EMPLOYER
ICEBERGS

PLAN
PLOT

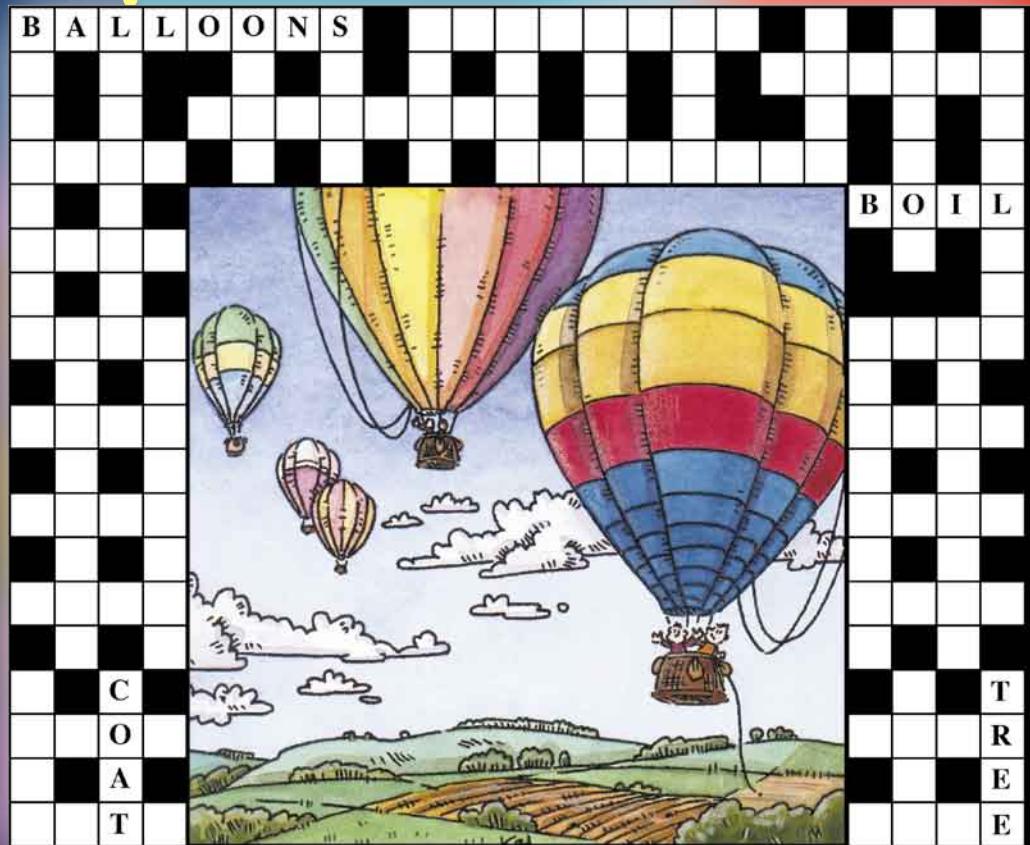
LIFEBOAT
LONGBOAT

OGRE
OPAL
PELICANS

NOTEBOOK
SEATBELT

STARLING

STARLING





Dick Sycamore, a member of the Forest Gate Residents Steering Group with Becky Utuka, of Swan Housing Association.

Changes afoot in Forest Gate

Residents from Forest Gate took to the streets for a walkabout with developers and partners involved in a regeneration project which is set to enhance the area.

The gathering was part of the consultation process for the Forest Gate housing Private Finance Initiative (PFI). As well as refurbishing 1,000 homes in Forest Gate, the scheme will bring a new community centre for north Forest Gate, the development of seven sites in the area and a host of environmental improvements, for which £3 million has been allocated.

Areas visited in Forest Gate included the proposed site for a new community centre off Cruikshank Road and opportunity sites in Carroll Close, Chatsworth Road, Tracey Road and Idmiston Road. Most of these sites are currently wasteland or occupied by disused garages.

The Residents' Steering Group (RSG) has been regularly meeting with the council, prospective contractors and architects to

discuss the plans for Forest Gate, but this was the first time they had had the opportunity to visit sites and visualise how their ideas would materialise. The walkabout concentrated on environmental improvements, particularly looking at how the area could be made cleaner, greener and safer.

Listening attentively to residents were architects Cole Thompson Anders, who will be drawing up plans for the area, and a representative from the Swan Housing Group, the council's preferred contractor for the Forest Gate PFI. Nick Thompson of the architects' team said: "It was a real insight to hear the residents' views. We discussed some of the key issues about security, refuse and landscaping."

Community policeman Pc Jason Akehurst was also present on the tour, pointing out the nooks and crannies in the area and how, in some cases, the design of the streets can invite or hide trouble.

Rebecca Utuka, from Swan, who spent

a lot of the day taking down the comments of the residents said: "We and the architects were very keen to get as much information as we could about what the residents want out of the PFI – I learnt a lot."

Councillor Andrew Baikie, Newham's executive member for housing, said: "The Forest Gate PFI project is a key element of Newham's housing strategy. The consultation is an opportunity for everyone to have their say."

If you live in Forest Gate and would like to get involved in the RSG or future consultations on the Forest Gate PFI, contact TACT @ DOME on freephone 0800 919994. Refurbishment of homes in the area is due to begin in early summer.

WHAT'S ON?



23 FEB – 8 MARCH

ALL LIBRARY LISTINGS

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road, E16 4HQ. 020 7476 2696

Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565

East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

Green Street 337-341 Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road, E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900

Plaistow North Street, E13 9HL. 020 8472 0420

Stratford 3 The Grove, E15 1EL. 020 8430 6890 Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.

Beckton Globe Every Friday 10-11am

Canning Town Every Monday 10.30-11.30am

Custom House Every Tuesday from 10.15-11.15am

East Ham Every Wednesday 2-3pm

The Gate Every Friday 11am-12noon

Green Street Every Thursday 10.30-11.30am

Manor Park Every Thursday 10.30-11.30am

North Woolwich Every Thursday 2-3pm

Plaistow Every Tuesday 11am-12noon

Stratford Every Tuesday 11am-12noon and every Friday 2-3pm

Evening Storytelling – Open to children under five with their parents and carers.

Stratford Thursday 28 February 6-7pm

Little Readers – Open to children under five with their parents and carers.

Stratford Every Wednesday 1.30-2.30pm

Crafts Club – Open to children under five with their parents and carers.

Manor Park Every Tuesday 10.30-11.30am

Crafts & Computer Club – Open to children under five with their parents and carers.

Stratford Every Monday 10.30-11.30am

Toy Library – Open to children under five with their parents and carers.

Beckton Globe Every

Monday 10am-12noon and every Thursday 1-3pm

East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon

Messy Play – Open to children under five with their parents and carers.

Beckton Globe Tuesdays during school term 1.30-2.30pm

Imaginative Play – Open to children under five with their parents and carers.

East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.

The Gate Tuesday 4 March 6.30-7.30pm

Plaistow Thursday 6 March 6.45-7.45pm

Over 50s Reading Group – Explore the pleasure of reading in a friendly environment.

Beckton Tuesday 4 March 9.45-11.45am

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.

Beckton Globe Every Tuesday 9.45-11.45am

Writer's Group – Discuss your work with other authors.

The Gate Tuesday 26

February 5.30-7.45pm **(Last Tuesday of every month)**

YOUNG PEOPLE

Homework Club –

Homework support and advice for young people aged seven to 14. School term only.

Beckton Globe Every Tuesday 4-6pm

Canning Town Every Saturday 10am-12noon

Custom House Every Saturday 10am-12noon

East Ham Every Monday 4-6pm

The Gate Every Thursday 4-6pm

Green Street Every Tuesday 4-6pm

Manor Park Every Saturday 10am-12noon

North Woolwich Every Thursday 3.30-5.30pm

Plaistow Every Thursday 4-6pm

Stratford Every Monday 4-6pm

Children's Games Club – Board games and activities for children aged five to 12.

Canning Town Thursday 28 February 4-6pm

Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.

Custom House Every Tuesday 3.30-5.30pm

East Ham Every Tuesday 3.30-5.30pm





Manor Park Every Thursday 4-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.

Beckton Globe Every Monday and Wednesday 3-5pm

Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.

The Gate Sunday 2 March 2.30-4pm

Children's Reading Group – Explore the pleasure of reading in a family-friendly environment.

Canning Town Thursday 6 March 4.30-5.30pm

Teen Xtra Evenings – Free activities for young people aged 12 to 21.

The Gate Every Friday 6-8pm

ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday
4.30-6pm, 8-19 years
Drapers Field

Basketball

For ages 8-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Every Monday

4.30-6.30pm

Winsor Park

Every Monday

7-9pm

Froud Community

Centre

Every Tuesday

5-7pm

Royal Victoria Gardens

Every Tuesday

7.30-9pm

Plaistow Park

Every Wednesday

5-7pm

Memorial Park

Every Wednesday

5-6.30pm

New Beckton Park

Every Thursday

4.30-6.30pm

Priory Park

Every Thursday

5.30-7.30pm

Barking Road Rec

Every Friday

5-6.45pm

Forest Gate Youth Centre

Every Friday

5-7pm

Lister Gardens Park

Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

Every Tuesday

4.30-6pm, girls 11-16 years

Sarah Bonnell School

Every Thursday

6-8pm, 12-16 years

Cumberland Sports College

Every Friday

4.15-5.30pm, eight-to-11 years

5.30-7.30pm, 12-to-16 years

Cumberland Sports College

Every Saturday

11am-1pm, eight-to-11 years

Sarah Bonnell School

£1 per session

Every Tuesday

5.30-7pm, eight-to-19 years

Score Indoor Complex

Every Thursday

4.30-6pm, eight-to-19 years

Drapers Field

Football

Every Monday

6-8pm

Plaistow Park

Every Tuesday

5.30-7.30pm

Little Ilford Ball Cage

Every Tuesday

5-7pm

Stratford Park

Every Tuesday

5-7pm

Phoenix Cage

Every Wednesday

4.30-6.30pm

Royal Victoria Gardens

Every Wednesday

5-7pm, eight-to-19 years

Stratford Park

Every Wednesday

7.30-9.30pm, 16+ (£2 charge)

Score Complex

Every Thursday

5-7pm

Scud Park Ball Cage

Every Thursday

6-8pm

Forest Gate Youth Centre

Every Friday

4-5.30pm (term time only)

St John's Community Centre

Every Friday

6-8pm

Priory Park Ball Cage

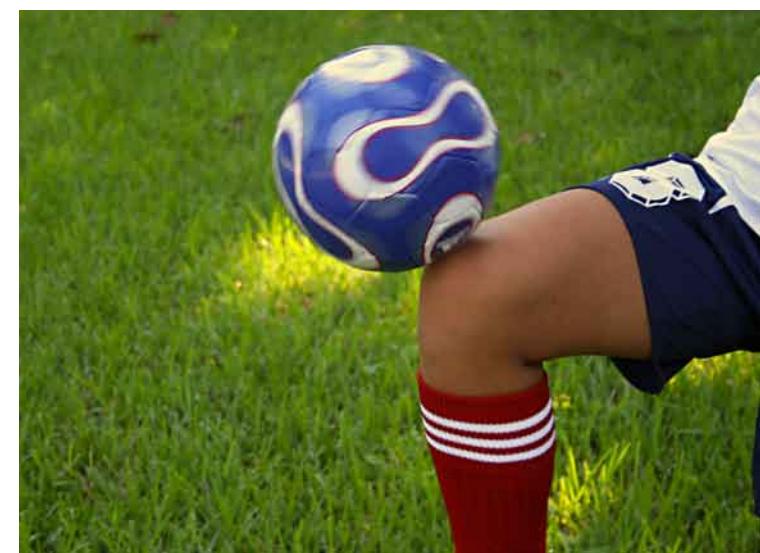
Cricket

Every Thursday

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School





Every Saturday
10-11.30am,
six-to-12 years
 (£3 charge)
Drapers Field
Every Saturday
2-4pm, six-to-14 years (£3
charge) Score Complex

Estates Football and Basketball League

Every Monday
6-8pm, under-14s and under-17s
Score Complex Hard Court
Every Tuesday
5.30-7pm, under-12s
and under-14s
Drapers Field
Every Friday
6-8pm, under-14s and under
-17s Leyton Manor Park

Football and Basketball

Every Monday
4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday
4.30-6.30pm
Ford Park
Every Wednesday
6-8pm
Plashet Park
Every Thursday
4.30-6.30pm

Priory Park Ball Cage
Every Thursday
5.30-7.30pm
Barking Road Rec
Every Friday
5-7pm
Lister Gardens Park
Every Friday
5-7pm
Canning Town MUGA

Multi-Sports

Every Monday
5-7pm, eight-to-19 years
Langthorne Park
Every Monday
5-7pm, eight-to-19 years
Alma Street MUGA
Every Tuesday
4-5pm
Carpenters and Docklands
Centre (term time only)
Every Tuesday
5-7pm, eight-to-19 years
Stratford Park
Every Wednesday
4-5pm
Carpenters and Docklands
Centre (term time only)
Every Wednesday
5-7pm, 8-19 years
The CAGE (Chatsworth Active
Games Enclosure)
Every Wednesday
5-7pm
Stratford Park

Every Wednesday
4-6pm, 10-19 years
Cann Hall Park
Every Wednesday
5-7pm, 8-19 years
Major Road Ball Park
Every Thursday
5-7pm, 8-19 years
The CAGE

Stratford Table Tennis Club

Every Wednesday
6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club

Every Thursday 4-5pm
11-18 years
Eastlea School
Every Thursday 5-6pm
4-11 years
Eastlea School

Stratford Handball Club

Every Monday 3.15-4.15pm
11-18 years
Stratford Secondary School
Mondays 4.30-5.30pm
4-11 years
Stratford Secondary School

Venue Addresses

Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active
Games Enclosure) Cruickshank
Road, Stratford E15
Cann Hall Park
Off Cann Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
Carpenters and

Docklands Centre
98 Gibbins Road, Stratford
E15 2HU
Cumberland School
Sports College
Oban Close, Plaistow E13 8SJ
Drapers Field
Temple Mills Lane, off Leyton
High Road, E15

East Ham Leisure Centre

324 Barking Road,
East Ham E6 2RT

Ford Park
Canning Town, E16

Forest Gate Youth Centre
Woodgrange Road, E7

Froud Centre
Toronto Avenue,
Manor Park E12 5JF

Langthorne Park
Off Leytonstone High
Road, E11

Leyton Manor Park
Off Capworth Street,
Leyton E10

Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13

Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12

Major Road Ball Cage
Major Road, Stratford E15

Memorial Park
Memorial Avenue,
West Ham E15

New Beckton Park Ball Cage
Savage Gardens,
Beckton E6

Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD

Phoenix Cage
Milner Road, West Ham E13

Plaistow Park
Balaam Street, Plaistow E13

Plashet Park
Woodhouse Grove,
East Ham E6

Priory Park Ball Cage
William Morley Close,
Upton Park E13

Royal Victoria Gardens
Pier Road,
North Woolwich E16





*Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue,
Canning Town E16
Stratford Park
Densham Road,
Stratford E15
St John's Community Centre
Albert Road,
North Woolwich E16
Winsor Park
Warwall,
Beckton E6
020 7474 7244*

COMMUNITY FORUMS

Community Forum Plant for Life

Custom House and Canning Town

Sunday 24 February,
12noon-4pm
Memorial Recreation
Ground, Memorial Avenue,
West Ham E15

East Ham

Sunday 2 March, 12noon-4pm
Roman Road Open Space,
Roman Road, East Ham E6

International Women's Day

Saturday 8 March,
12noon-3pm
A free, fun afternoon of

celebration for all
Newham women.
Old Town Hall Stratford, 29
Broadway, Stratford E15
Hosted by East Ham
Community Forum
For more information
freephone 0800 519 4015

Green Street the Musical

**Saturday 8 and Sunday 9
March, 7pm**
A fun-filled show of music
and dance about and for the
people of Green Street.
*Shaftesbury Primary School,
Shaftesbury Road,
Forest Gate E7*
For more information
freephone 0800 519 4015

OTHER EVENTS

Theatre Royal Stratford East

Marilyn and Ella
15 February to 15 March
A new musical drama by
Bonnie Greer, will delight
you with unforgettable old
standards such as *They Can't
Take That Away From Me, The
Lady Is a Tramp, Someone To
Watch Over Me and Diamonds
Are A Girl's Best Friend.*

This play with music is based
on the acclaimed 2005 Radio 4
play *Marilyn And Ella Backstage
At The Mocambo* and the
Edinburgh Fringe 2006 hit
cabaret/play *Ella Meet Marilyn*.

Theatre Royal Stratford East,
Gerry Raffles Square,
Stratford E15 1BN

Box Office: 020 8534 0310
www.stratfordeast.com

Community Centre Addresses

There are lots of free activities
and groups in community
centres. Call your local centre
to find out more.

Beckton Community Centre
14 East Manor Way,
Beckton E6 5NG
020 7511 1214

Chandos Community Centre
Colegrave Road E15 1ED
020 8534 0140
Chatsworth
Community Centre
Chatsworth Road, E15 1SP
020 8555 4477
Community Road
Community Centre
Community Road
Stratford E15 1JT
020 8534 0664

Cundy Community Centre
Hartington Road E16 3NP
020 7474 6056

Field Community Centre
147 Station Road,
Forest Gate E7 0AE
020 8536 2800

Hathaway Community Centre
Hathaway Crescent, Manor
Park E12 6LR
020 8548 4980

Hibiscus Community Centre
Buckingham Road E15 1SP
020 8519 6159

Jack Cornwell
Community Centre
Jack Cornwell Street,
Manor Park E12 5NN
020 8553 3270
Katherine Road
Community Centre
254 Katherine Road,

Forest Gate
E7 8PN
020 8548 982
Plaistow Park
Community Centre
Queens Road West,
Plaistow E13 0PE
020 8552 1334

USEFUL NUMBERS

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For questions about
councillor surgeries or to
find out which ward you
live in, call 020 8430 2000
or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin
Wales at Newham Town
Hall, Barking Road, East
Ham E6 2RP or email
mayor@newham.gov.uk

For information about
Community Forums
freephone 0800 519 4015
or email community.forums@newham.gov.uk

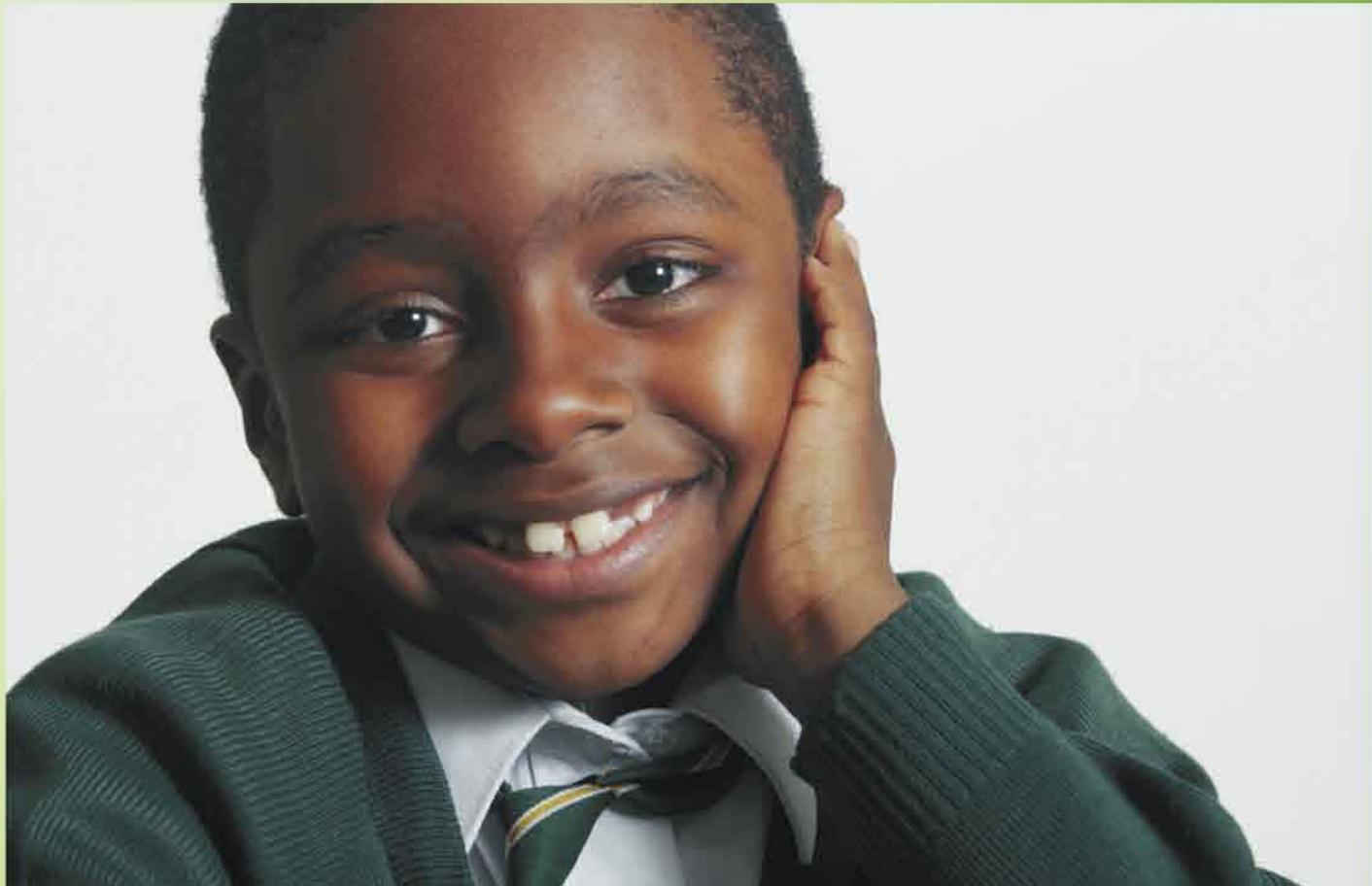
For information about the
2012 Games and how it will
affect Newham, visit www.newham.com/2012Games

To report anti-social
behaviour call Newham's
24-hour hotline on
0800 731 3300

To speak to the editor of
The Newham Mag, call
Anita Plaha on 020 8430
2000 or email newham.mag@newham.gov.uk



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